

Take Charge of Diabetes!

Attend Center for MultiCultural Health Diabetes Support Groups



Join us to:

- Meet doctors, nutrition specialists and other health care professionals and ask questions about diabetes and its complications;
- Find out about resources for free or low-cost medical supplies;
- Enjoy a heart-healthy snack; and
- Meet other people who are living with diabetes.

Support groups for 4th quarter 2006:
Thursday, October 19th, 5:00-7:00pm
Thursday, November 16th, 5:00-7:00pm

Support groups are held at the
Center for MultiCultural Health office,
105 14th Avenue, Suite 2C in Seattle.

**For more information
about upcoming classes and support groups,
contact Eudora Carter at 206/461-6910, ext. 218.**



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County